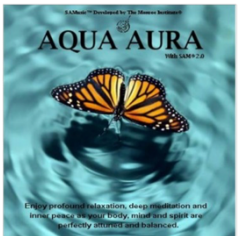
(LCN Connections Issue 9 - November 2013)

CD REVIEW:
SAM—AQUA AURA


AQUA AURA
Enjoy profound relaxation, deep meditation and inner peace as your body, mind and spirit are perfectly attuned and balanced.

This song is dedicated to Carol de la Herran, who made her final transition on July 4th, 2013.

Carol's unconditional commitment to, and love of, The Monroe Institute was expressed daily through her actions as leader, administrator, colleague, educator, trainer, innovator, and family member. She will be dearly missed by her TMI family.

This inspired meditative music, composed by Michael Koch, takes you along a small creek to enjoy the various sounds of nature. Accompanied by exotic flute sounds, you immerse yourself in the beauty of nature, as you walk along the aqua blue waters of the creek, with the sun shining through the tree leaves. Eventually you reach some small cascades of the creek, where, hidden behind the water, the aqua aura crystals beckon to you, shining in the sun light, inviting you to pick them up. You rest for a moment enjoying the beauty of nature and, as you focus inwardly, you hear a choir of inner voices singing peacefully. You continue your walk along the creek, which becomes calmer and calmer – with your body, mind and spirit feeling perfectly attuned and balanced. A flute leads you to the end of your journey and you leave the forest and creek in perfect harmony.

Instruments featured are piano, flute, guitar, choir, table-like sounds, synthesizers, natural and electronic soundscapes and textures.

Another SAMusic™ title by Michael Koch is *Secret Island.*

Blended with the latest SAMTM 2.0 technology. Length: 30 minutes

Thanks to Bob Holbrook and Andrea Berger for bringing this SAMusic™ title to life.